

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



NOVEMBER 2013

Brunswick Senior Center

Brunswick's 81 st Annual Veteran's Day Parade Opening 1:00 pm Parade starts 2:00 <small>Daylight Saving Time Ends</small>	CENTER CLOSED	9:00 Strength Tr. 10:30 Video Exercise 11:45 Trivia	11:00 Self check BP 12:45 BINGO 5:00 <u>Frederick Senior Center</u> Program "A Doctor in the House"	9:00 Strength Tr. 10:30 Video Exercise 11:45 Nutrition Minute	11:00 - 2:00 Holiday Craft Day-Make & Take	 Set your clocks back tonight
 VETERANS DAY	CENTER CLOSED <small>Veterans Day (US) Remembrance Day (Canada)</small>	9:00 Strength Tr. 10:30 Video Exercise 11:45 Trivia 5:30 Card Party Sandwich Party	11:00 Ask Nurse Steve 12:45 BINGO	9:00 Strength Tr. 10:30 Video Exercise 11:00 BP self-check	11:45 Nutrition Minute	
CENTER CLOSED	CENTER CLOSED	9:00 Strength Tr. 10:30 Video Exercise 11:00 Trivia 12:00 Board Meeting	11:00 Lunch out with Friends 1:00 BINGO at Brunswick House	9:00 Strength Tr. 10:30 Video Ex. 11:00 BP self-check 6:00 Dinner & Dance	10:00 Mobile I & A 11:45 Trivia Department Trip-Science Museum	Brunswick Senior Center "Where everyone is someone"
	CENTER CLOSED	9:00 Strength Tr. 10:30 Video Exercise 12:00 Noon Special Menu	11:00 Self check BP 12:45 BINGO	 HAPPY THANKSGIVING	The Senior Center will be closed Thursday & Friday for the Thanksgiving Holiday	